

What are Flat Feet?

A flat foot does not have a normal arch. Either one or both feet can be affected. When standing the majority of people have a gap between the inner side of the foot and the ground – this is called the arch. Flat feet have little or no arch. Children have baby fat and soft tissue in their feet which often means that we can't see the arch.

What causes it?

As with many conditions of the foot the cause can be genetic. If your parents have flat feet you can often inherit the condition but some of us just never develop an arch.

Fallen arches can cause flat feet. Wear and tear over a long period of time can weaken the tendons that shape the arch and cause it to collapse. Injury which causes inflammation of the tendons in the foot can also cause the arch to collapse.

Flat feet can be painful in children because of a condition called Tarsal Coalition where two or more of the bones in the foot fuse together. This can cause a flat foot due to the limit in motion.

Where are we?

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Flat Feet



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What will happen if I leave it untreated?

Symptoms do vary between patients. Most commonly, the arch area of the foot may become tender if left untreated. You may also find that corns and calluses develop on the sole of the foot. Shoes also tend to wear out quickly.

In more severe cases, patients report pain in the knees, the hips and the back.

What can help?

Ensuring that you wear a good fitting supportive shoe can certainly help if you have flat feet. Many people with flat feet find it beneficial to strengthen the muscles in the lower legs.



What are the treatment options?

Flat Feet can be effectively treated with orthotics that provide biomechanical support and help feet to function more efficiently. The orthotic must provide support for the medial rear foot posting and the longitudinal arch.

Combined with footwear that fits correctly and provides adequate support, an orthotic device is an effective treatment.

In the most extreme circumstances the Podiatrist may suggest Surgery, but this would only be if all treatment options had been exhausted.



Biomechanics Package at Orkney Podiatry

We are delighted to offer a Biomechanics Package at Orkney Podiatry.

The package includes:

- Full assessment (up to 1 hour)
- Comprehensive bespoke exercise plan
- Massage ball
- Theraband
- 4 week review appointment
- Option of adding in Orthotics

Please contact the clinic on 01856 988422 for further information.

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